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UNITED STATES AIR FORCE AUXILIARY
PO BOX 2379
SOUTH PORTLAND, ME 04116-2379

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Director of Safety

Paul Mondoux Lt Col, CAP
pmondoux@ner,cap.gov
Cell: 603-759-0178

- NER Website http://www.ner.cap.gov/
- National Safety Pages http://members.gocivilairpatrol.com/safety/

Inside this issue:

Dog Days of Summer

"**Dog Days**" (Latin: *diēs caniculārēs*) are the hottest, most sultry days of summer. In the northern hemisphere, they usually fall between early July and early September. In the southern hemisphere they are usually between January and early March. The actual dates vary greatly from region to region, depending on latitude and climate. Dog Days can also define a time period or event that is very hot or stagnant, or marked by dull lack of progress. The name comes from the ancient belief that Sirius, also called the Dog Star, was somehow responsible for the hot weather.

In Ancient Rome, the Dog Days extended from July 24 through August 24 (or, alternatively July 23-August 23). In many European cultures (German, French, Italian) this period is still said to be the time of the Dog Days.

The Old Farmer's Almanac lists the traditional timing of the Dog Days as the 40 days beginning July 3 and ending August 11, coinciding with the ancient heliacal (at sunrise) rising of the Dog Star, Sirius. These are the days of the year when rainfall is at its lowest levels.

A casual survey will usually find that many people believe the phrase is in reference to the conspicuous laziness of domesticated dogs (who are in danger of overheating with too much exercise) during the hottest days of the summer.

When speaking of "Dog Days" there seems to be a connotation of lying or "dogging" around, or being "dog tired" on these hot and humid days.

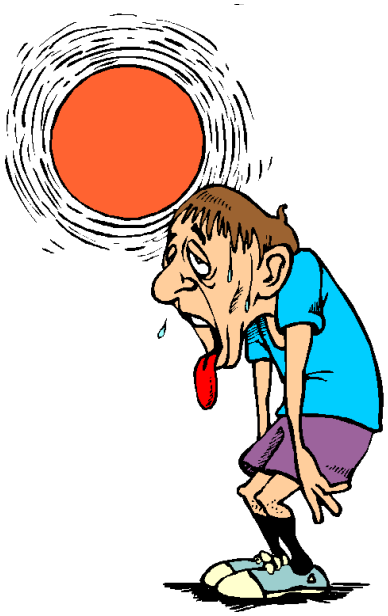
So with that all should remember Prolonged exposure to high temperatures can lead to heat exhaustion and eventually to heat-stroke. Vulnerable people can begin to suffer problems when the temperature rises into the thirties. By the time the thermometer tops 45C, everybody is potentially at risk.

There are a number of sensible things that everybody should do to avoid illness when temperatures soar. Increase your intake of non-alcoholic, non-carbonated, caffeine free beverages such as water and fruit juice, wear clothing that is light in color and loose fitting ,avoid the outdoors during extreme heat, stay out of the sun, eliminate strenuous activity. Some experts also believe it is a good idea to cut down on the amount of proteins that you eat during a heat wave, as they can increase metabolic activity and generate heat in the body.

HEAT INDEX

The **heat index** (**HI**) or **humiture** is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature — how hot it feels. The result is also known as the "felt air temperature" or "apparent temperature". For example, when the temperature is 90 °F (32 °C) with very high humidity, the heat index can be about 105 °F (41 °C).

The human body normally cools itself by perspiration, or sweating, which evaporates and carries heat away from the body. However, when the relative humidity is high, the evaporation rate is reduced, so heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air. Measurements have been taken based on subjective descriptions of how hot subjects feel for a given temperature and humidity, allowing an index to be made which relates one temperature and humidity combination to another at a higher temperature in drier air



Relative Humidity (%)

Air Temperature °F

°F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	119	124	131	137									
102	114	119	124	130	137								
100	109	114	118	124	129	136							
98	105	109	113	117	123	128	134						
96	101	104	108	112	116	121	126	132					
94	97	100	103	106	110	114	119	124	129	135			
92	94	96	99	101	105	108	112	116	121	126	131		
90	91	93	95	97	100	103	106	109	113	117	122	127	132
88	88	89	91	93	95	98	100	103	106	110	113	117	121
86	85	87	88	89	91	93	95	97	100	102	105	108	112
84	83	84	85	86	88	89	90	92	94	96	98	100	103
82	81	82	83	84	84	85	86	88	89	90	91	93	95
80	80	80	81	81	82	82	83	84	84	85	86	86	87

Heat Index (Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

Extreme Danger	Heat stroke or sunstroke highly likely
Danger	Sunstroke, muscle cramps, and/or heat exhaustion likely
Extreme Caution	Sunstroke, muscle cramps, and/or heat exhaustion possible
Caution	Fatigue possible

SUMMER FOOD SAFETY

There is nothing more American than the picnic!

I first wrote this a few years ago and keep reviewing it with everyone as it is important to remember food safety especially when we endeavor outside. Picnics can take on many forms, such as the community picnic, friends and neighbors, tailgate parties, or ball games. There is also one sure thing at every picnic-lots of good food.

The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.

As always, wash hands and work areas before preparing food.

Plan your menu with an eye to safe food handling. **Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator.**

Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. **Pack foods right from the refrigerator into the coolers.**

Don't put the cooler in the car trunk; **Carry it inside an air-conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed.

Eeplenish the ice if it melts. **Use a separate cooler for drinks** so the one containing the food won't constantly be opened and closed.

Find out if there's a **source of safe drinking water** at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross-contamination during preparation, grilling, and serving food is a prime cause of food borne illness.

Pack raw meats, poultry, or seafood on the bottom of the cooler. This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.

If you plan on getting takeout foods such as fried chicken, **Eat them within an hour of pick up.**

Do not partially grill extra meat or poultry to use later. Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clear and there is no pink. Hamburger should not be pink in the center.

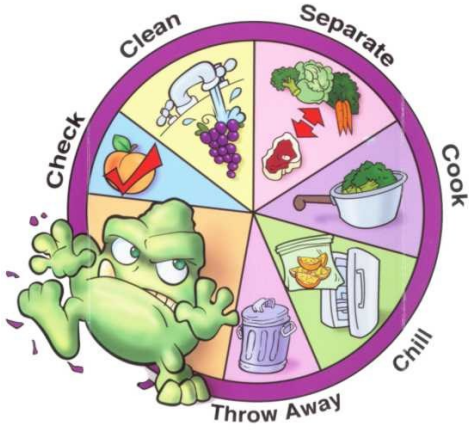
When taking food off the grill, **Don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.

Two Hour Rule. Don't leave perishable food unrefrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.

Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold food that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

Myth: Mayonnaise is a major culprit in food-poisoning outbreaks.

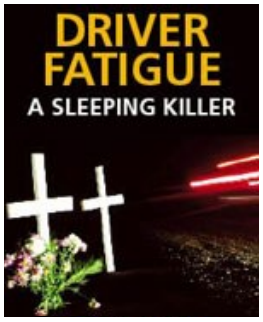
Truth: Store-bought mayo can actually retard the growth of food-borne bacteria thanks to some of its ingredients, including salt and lemon juice. But many dishes that contain mayonnaise tend to be handled a lot — you add celery or parsley to egg salad and then spread it on bread, for instance — so there are more opportunities for the food to be contaminated.



Fatigue

"My mind clicks on and off…I try letting one eyelid close at a time while I prop the other open with my will. But the effort's too much. Sleep is winning. My whole body argues dully that nothing, nothing life can attain, is quite so desirable as sleep."

– Charles Lindbergh, describing the fatigue that struck him nine hours into his 33-hour solo Atlantic crossing.



At one time or another all have experienced an overwhelming desire to sleep. It's the most pronounced symptom of fatigue, and it's a decidedly uncomfortable feeling when you're at the controls of an airplane. Much of what is in this article can also be related to Driving or other activities.

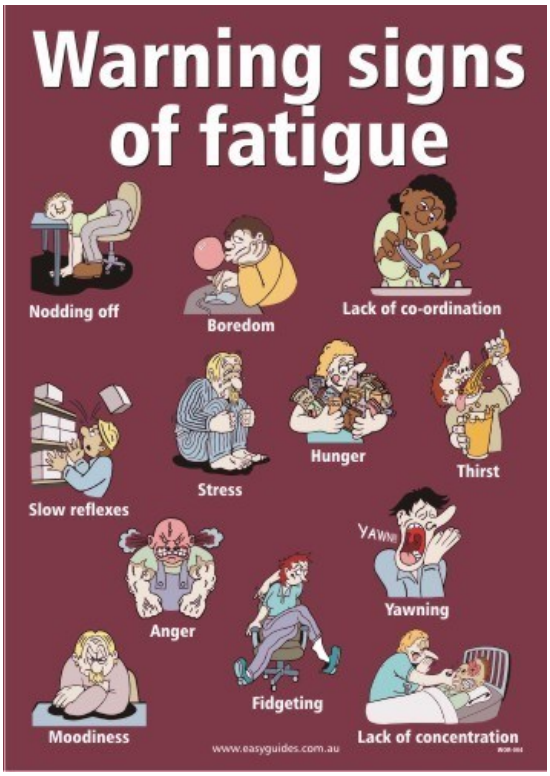
There's a lot more to it than the risk of dozing off in the cockpit. "Fatigue" is a catch-all term for an often insidious condition that can degrade pilot performance in a number of different areas, from vision and coordination to memory, concentration, mood, and judgment.

The most obvious cause of fatigue is a lack of sleep. Different people need different amounts of sleep, but for most adults the critical amount is between seven and eight hours a night.

Although a lack of sleep is normally the underlying cause of fatigue, a number of other factors can affect how tired we feel, and how well we're able to perform.

Contributing Factors

Dehydration	• Drink plenty of fluids throughout the day • Bring a bottle of water with you
Hunger/Digestion	• Eat several small meals during the day • Keep a few snacks in your flight bag • Avoid large meals before flights
Cockpit Environment	• Use a noise-cancelling headset • Bring a passenger: It's easier to stay awake when you have someone to talk to • Even better, bring another pilot to lend a hand
Illness	• Be honest with yourself about how well you'll be able to perform • Be prepared to cancel the flight
Medication	• Check that the medication is FAA-approved, and follow any warning labels • Be extra cautious if it's your first time taking the medication
Hypoxia	• Avoid flying above 5,000 msl at night with out oxygen, 10,000 msl during the day • Learn to recognize the signs of hypoxia



SPRAINS and STRAINS

The body is meant to move. Muscles allow that movement to happen by contracting and making joints flex, extend and rotate. Muscles attach on each side of the joint to bone by thick bands of fibrous tissue called tendons. When a muscle contracts, it shortens and pulls on the tendon, which allows the joint to go through a range of motion.

A strain occurs when the muscle tendon unit is stretched or torn. The most common reason is the overuse and stretching of the muscle. The damage may occur in three areas:

The muscle itself may tear.

The area where the muscle and tendon blend can tear.

The tendon may tear partially or completely (rupture).
Joints are stabilized by thick bands of tissue called ligaments which surround them. These ligaments allow the joint to move only in specific directions. Some joints move in multiple planes; therefore, they need more than one group of ligaments to hold the joint in proper alignment. The ligaments are anchored to bone on each side of the joint. If a ligament is stretched or torn, the injury is called a sprain.

Sprains and strains occur when the body is put under stress. In these situations, muscles and joints are forced to perform movements for which they are not prepared or designed to perform. An injury can occur from a single stressful incident, or it may gradually arise after many repetitions of a motion.

Sprains and Strains Symptoms
The first symptom of a sprain or strain injury is pain. Other symptoms, such as swelling and spasm, can take time (from minutes to hours) to develop.

Pain is always a symptom that indicates that there is something wrong with the body. It is the message to the brain that warns that a muscle or joint should be protected from further harm. In work, exercise, or sport, the pain may come on after a specific incident or it may gradually progress after many repetitions of a motion.

Swelling almost always occurs with injury, but it may take from minutes to hours to be noticed. Any time fibers of a ligament, muscle, or tendon are damaged, some bleeding occurs. The bleeding (such as bruising on the surface of the skin) may take time to be noticed.

Because of pain and swelling, the body starts to favor the injured part. This may cause the muscles that surround the injured area to go into spasm. Hard knots of muscle might be felt near the site of the injury.

The combination of pain, swelling, and spasm causes the body to further protect the injured part, which results in difficulty with use. Limping is a good example of the body trying to protect an injured leg.

Self-Care
Initial treatment for sprains and strains should occur as soon as possible. Remember **RICE**!

Rest the injured part. Pain is the body's signal to not move an injury.

Ice the injury. This will limit the swelling and help with the spasm.

Compress the injured area. This again, limits the swelling. Be careful not to apply a wrap so tightly that it might act as a tourniquet and cut off the blood supply.

Elevate the injured part. This lets gravity help reduce the swelling by allowing fluid and blood to drain downhill to the heart.

Over-the-counter pain medication is an option. Acetaminophen (Tylenol) is helpful for pain, but ibuprofen (Motrin, Advil) or naproxen (Aleve) might be better because these medications relieve both pain and inflammation. Remember to follow the guidelines on the bottle for appropriate dose of the medicine, especially for children and teens. Underlying medical conditions or use of other prescription medicines may limit the use of over the counter pain medications.

When to Seek Medical Care

Sometimes you need to see a doctor for help in diagnosis and treatment. For strains or sprains, the pain can increase in the first one to two days, as the spasm surrounding the injury sets in. If after trying **RICE** and over-the-counter medications and the pain is not controlled or if the injury is thought to be more severe than initially believed, then a visit to a doctor is wise. A doctor's visit also is important if swelling gradually develops over a large joint, such as a hip, knee, elbow, or wrist.

Sometimes you need the help of hospital equipment and specialists. If you are concerned that a bone is broken or a joint is dislocated

Seek care immediately

HELP PETS AVOID HEAT-RELATED PROBLEMS

Hyperthermia, or heat stroke, in companion animals is a life-threatening medical condition. It occurs when the animal's heat-regulating mechanism, or thermoregulation, fails. This is the inability of a mammal to maintain its body temperature within safe margins, despite the environmental temperature fluctuations. Humans are able to reduce their body temperatures by releasing sweat at the surface of the skin. Companion animals protect themselves against high temperatures by panting and licking the fur. Pets can dehydrate very easily, more so than humans, as panting isn't a very efficient way to lower the body's temperature. Hyperthermia is a true medical emergency requiring immediate intervention by your veterinarian to prevent disability or death.

Dogs', cats', and horses' body temperature is approximately 100.5-102.5 degrees Fahrenheit (38.2-39.2 degrees Celsius). If the environmental temperature is warmer than the animals' internal temperature, hyperthermia (heat stroke) is a possible reality. Pets with body temperatures from 104 to 106 degrees Fahrenheit can often recover in a short period of time if provided with prompt medical attention and veterinary care. Severe hyperthermia occurs at a body temperature of more than 106 degrees Fahrenheit and can be deadly, so immediate veterinary care is required.

Symptoms of hyperthermia are elevated temperature, rapid panting, dilated pupils, bright red tongue and gums (pale in severe cases), capillary refill time (CRT) of less than one second, excessive salivating (drooling), weakness, anxiety, dizziness or disorientation, muscle tremors, lethargy, vomiting, diarrhea, bleeding from the nose and coma.

If you suspect hyperthermia with a pet, remove the animal from the hot area immediately. Prior to transporting the pet to the veterinarian, begin to lower the pet's body temperature by wetting it thoroughly with cool water (for very small pets, use lukewarm water), and increase the air flow circulation around the pet, preferably using a fan. Use caution, as using very cold water can be counterproductive. Cooling too quickly and allowing the body temperature to become too low (hypothermia) can cause other life-threatening medical conditions. The rectal temperature should be checked every five minutes. Once the body temperature is 103 degrees Fahrenheit, the cooling process should be discontinued and the pet thoroughly dried to prevent further temperature lowering. Take the pet to the veterinarian as soon as possible, even if the pet appears to be recovering. The pet could be suffering from dehydration and other complications your veterinarian will evaluate for and treat appropriately.

You can prevent heat stroke in your pet by:

- Never leaving your pet in a parked car (even in the cooler months, but especially important in the hot weather);
- Providing adequate ventilation while traveling with your pet;
- Making sure your pet has access to a shaded area where they can escape the sun and heat while outdoors;
- Avoiding strenuous activities in high temperatures and humidity;
- Always ensuring an adequate supply of cool, fresh, clean water indoors and outdoors;
- Limiting outdoor exposure in the hotter months between 11 a.m. and 3 p.m.;
- And, if possible, keeping your pet indoors in air conditioning or with a fan on during the hot summer days.
-

Remember to be considerate of your pet when going for walks on hot days, not only regarding hyperthermia, but for the delicate pads on the bottom of their paws, which can become burnt and blistered (a very painful condition).

Summer Safety Tips

¤ One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking , skating and skateboarding), and when riding scooters , all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

¤ Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

¤ Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.

¤ When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.

¤ Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.

¤ Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.

¤ If you are a soccer mom or dad, beware that movable soccer goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.

¤ To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.

¤ Don't allow a game of hide-n-seek to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.

¤ If summer plans include camping and you want heat inside your tent or camper, use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns, and gas generators also can cause CO poisoning.

¤ Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top - not the bottom. Also, keep furniture away from windows to discourage children from climbing near windows.

¤ Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower , drive up and down the slope, not across it. Never carry children on a riding mower.

Information from http://www.cpsc.gov/
US Consumer Product safety Commission

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Lt Col Paul Mondoux
NER Director of Safety

Phone: 603-759-0178
E-mail: pmondoux@ner.cap.gov

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Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure.

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat.

Between having fun and checking out the life-guards, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death.

Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines.

- "Buddy up!" Always swim with a partner
- Get skilled - Learning some life-saving skills
- Know your limits—
- Swim in safe areas only
- Be careful about diving - Diving injuries can cause permanent spinal cord damage
- Watch the sun - Sun reflecting can intensify the burning rays
- Drink plenty of fluids - It's easy to get dehydrated in the sun
- Getting too cool - Monitor yourself when swimming in cold water
- Alcohol and water never mix

Malware Installed on Travelers' Laptops Through Software Updates on Hotel Internet Connections

Recently, there have been instances of travelers' laptops being infected with malicious software while using hotel Internet connections. In these instances, the traveler was attempting to set up the hotel room Internet connection and was presented with a pop-up window notifying the user to update a widely used software product

The FBI recommends that all take extra caution before updating software products through their hotel Internet connection. Checking the author or digital certificate of any prompted update to see if it corresponds to the software vendor may reveal an attempted attack. The FBI also recommends that travelers perform software updates on laptops immediately before traveling, and that they download software updates directly from the software vendor's website if updates are necessary